

line 14, change "known at the outset" to --noted above--;

lines 22 and 23, delete in their entirety, and insert --noted above, the end

element has a spherical form, which on its side toward the rod-like intermediate element makes a

steady transition via a turning region into a conversely oriented, concave region, which makes a

steady transition into the configuration of the rod-like intermediate element--; and

line 24, between "the" and "invention" insert --present--.

Page 2, line 6, before "invention" insert --present--;

lines 9 and 10, delete in their entirety;

line 21, change "from the characteristics of one or more of claims 6 - 9." to

--by the present invention.--;

line 27, delete ", as defined by claim 9,";

line 30, delete "a";

line 31, between "the" and "invention" insert --present--; and

line 32, between "the" and "invention" insert --present--.

Page 3, line 1, delete "Shown are:";

between lines 1 and 2, insert

--Brief Description of the Drawing--;

line 2, between the "," and "a" insert --is--;

line 5, between the "," and "a" insert --is--;

line 7, between the "," and "a" insert --is--; and

between lines 7 and 8, insert

--Description of the Preferred Embodiment--.

Page 5, line 21, change "At the office for relaxation" to --At the office for relaxation--; and

line 28, change "In sports and fitness training" to --In sports and fitness training--.

Page 6, line 11, change "In patient gymnastics and rehabilitation" to --In patient gymnastics and rehabilitation--;

line 22, change "In Oigong and Taiququan" to --In Oigong and Taiququan--; and

line 30, delete "a" (both occurrences).

IN THE CLAIMS:

Please cancel claims 1-11 without prejudice or disclaimer of the subject matter thereof.

Please add the following new claims:

12. A training apparatus, comprising:

a rod-like intermediate element; and

identical end elements, each situated at a respective end of said

intermediate element,

wherein each end element has a spherical form with a non-discontinuous

spherical surface remote from said rod-like intermediate element, a turning region and a

conversely concave region on its side toward said rod-like intermediate element, said turning

region making a steady transition into said conversely concave region, and wherein said

conversely concave region making a steady transition to said rod-like intermediate element.

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13. The training apparatus according to claim 12, wherein the total length of the training apparatus is approximately in the range of the length of the shoulder span of the person using it.

14. The training apparatus according to claim 12, wherein the radius of said conversely concave region is approximately equal to the radius of said non-discontinuous spherical surface.

15. The training apparatus according to claim 12, wherein said conversely concave region and said turning region form a smaller minimum diameter than the equivalent of the maximum diameter of said rod-like intermediate element.

16. The training apparatus according to claim 15, wherein said rod-like intermediate element is cylindrical over a substantial portion of its length.

17. The training apparatus according to claim 12, wherein the radius of said spherical surface is in a range of between 30mm and 75mm.

18. The training apparatus according to claim 12, wherein the minimum diameter of said conversely concave region and said turning region is in a range of between 17mm and 25mm.

19. The training apparatus according to claim 12, wherein the total length of the training apparatus is in a range of between 200mm and 560mm.

20. The training apparatus according to claim 12, wherein the total length of the training apparatus is in the range of between 600mm to 2000mm.

21. The training apparatus according to claim 12, wherein the total length of the training apparatus is in the range of between 600mm and 1200mm.

22. The training apparatus according to claim 12, wherein the training apparatus is molded in one piece.

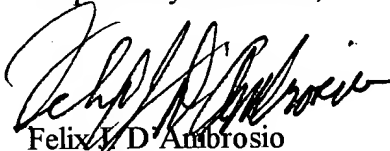
23. The training apparatus according to claim 12, wherein the training apparatus is made of one of: wood, plastic, metal and stone.

REMARKS

The above amendments to the specification and claims are presented to place this application in better condition for examination.

Submitted herewith is page 10 of the application containing an abstract of the disclosure.

Respectfully submitted,


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